



Integral University, Lucknow

Effective from Session: 2022-23							
Course Code	A050101 T/HH107	Title of the Course	ANCIENT AND EARLY MEDIEVAL INDIA (Till 1206 A.D.)	L	T	P	C
Year	Ist	Semester	Ist	5	1	0	6
Pre-Requisite	Intermediate	Co-requisite	None				
Course Objectives	The purpose of this undergraduate course is to equip students with strong foundation of knowledge and skills in the fields of History. By using the principal of History, students learn to think critically about the past and develop the curiosity needed to pursue in- depth knowledge of particular historical subjects. After successfully completion of course, the student will be able to explore subject into the irrespective dimensions.						

Course Outcomes	
CO1	To know about sources of Ancient Indian History and develop knowledge about Pre-Historic Age.
CO2	To develop the basic understanding of the Indus Valley Civilization and Vedic Period.
CO3	To Know about the emergence of Janapadas and Mahajanapadas and Rise of Magadha dynasty.
CO4	To acquaint with Political, administrative and Cultural structure of Gupta period.
CO5	To acquaint with the power of struggle between Rajput States.
CO6	To develop knowledge about the Indian Feudal System.
CO7	To develop knowledge about Indian Culture and Social Structure.
CO8	To understand the evolving Political Structure, Invasion of Mahmood Ghazni and Muhammad Ghori

Unit No.	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction to Ancient History, Sources: (A) Literary (B) Archaeological (C) Numismatic (D) Foreign Accounts (E) Epigraphy. Historians of Ancient India, Indian Knowledge System, Brief History of Pre-Historic age: Paleolithic, Mesolithic, Neolithic.	14	CO1
2	Indus Valley Civilization: Major Sites, extent, salient features, decline, debate about the original home of the Aryans. Vedic and Later Vedic Period: extent Major characteristics, Buddhism and Jainism: an overview.	18	CO2
3	Political Condition of North India in 6th century B.C. Monarchies & republics, Rise of Janapadas & Mahajanpadas, Rise of Magadha: Maurya dynasty: Chandragupta Maurya, Bindusar, Ashoka the Great, Shunga & Kushana dynasty, Sangam Age.	12	CO3
4	Gupta dynasty: Chandragupta 1st, Samudra Gupta, Chandragupta 2 nd , Kumargupta & Skandagupta, Golden Era of ancient India: Literature, Art, Architecture and Coins.	12	CO4
5	Harshavardhan and Rise of Rajput states – Pratihara, Chaulukya, Paramara and Chahaman, Chandel. The Tripartite struggle: Pala, Pratihara and Rashtrakuta.	12	CO5
6	Rise of Feudalism: Salient features, Society & Economy during this age.	6	CO6
7	Customs, rituals and beliefs of Hindus: - Social structure of the society, Varna, Jati, ashram, Purusharthas, Samskaras. Manu and the codification of the Varna and Jati System.	8	CO7
8	Advent of Islam: Invasion of Mahmood Ghazani, Turkish Conquest of North India, Muhammad Ghori and Prithiviraja Chauhan: the Battles of Tarain.	8	CO8

Reference Books:

D.D. Kosambi, An Introduction to the Study of Indian History, 1975.
 S.K. Maity, Economic Life in Northern India in the Gupta Period, 1970.
 B.P.Sahu (ed), Land System and Rural Society in Early India, 1997.
 K.A. N.Sastri, A History of South India.
 B. K Rao, The Megalithic Culture in South India. Mysore: University of Mysore, 1972.
 B. M. Mukherjee, The Rise and Fall of the Kushana Empire. Calcutta, 1988.
 D.D.Kosambi, Introduction to the Study of Indian History, Bombay, 1975.
 Bridget Allchin and Raymond Allchin, The Rise of Civilization in India and Pakistan. London: Cambridge University Press, 1982.
 G.L.Posehll, Ancient Cities of the Indus. New Delhi: Vikas Publishing House Pvt Ltd., 1980.
 G.L.Posehll, Harappan Civilization: A Contemporary Perspective. Delhi: Aris & Phillips Ltd. 1982.

e-Learning Source:

- <https://swayam.gov.in/>
- <http://www.ignou.ac.in/>
- [Coursera](#)
- [UGC CEC](#)

Course Articulation Matrix: (Mapping of COs with POs and PSOs)

PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	3	2	2	1	1	3	1	1	1	3
CO2	3	2	3	2	3	3	3	3	3	2
CO3	3	3	3	3	3	3	2	2	2	2
CO4	1	3	3	3	3	3	2	2	1	1
CO5	3	3	3	3	2	3	2	2	1	1
CO6	3	3	3	2	1	3	2	2	1	1
CO7	1	3	3	1	1	3	1	1	3	3
CO8	3	3	3	2	3	3	2	2	1	1

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

 Name & Sign of Program Coordinator	 Sign & Seal of HoD
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**Department of Environmental Science
Integral University, Lucknow**

History

Effective from Session: 2022-2023				L	T	P	C
Course Code	ES115	Title of the Course	Fundamentals of Environmental Science	3	1	0	4
Year	I	Semester	I				
Pre-Requisite	Intermediate	Co-requisite	None				
Course Objectives	To study about the Environment and the Ecosystem. To study about the Natural Resources. To study about Biodiversity and Conservation. To study Environmental pollution, its policies and practices. To study Human Population and Environmental Ethics.						

Course Outcomes

CO1	Gain knowledge about environment and ecosystem.
CO2	Students will learn about natural resource, its importance and environmental impacts of human activities on natural resource.
CO3	Gain knowledge about the conservation of biodiversity and its importance.
CO4	Aware students about problems of environmental pollution, its impact on human and ecosystem and control measures.
CO5	Students will learn about increase in population growth and its impact on environment.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction to Environment and Ecosystems	Environment, its components and segments, Multidisciplinary nature of Environmental studies Scope and Importance, Concept of Sustainability and sustainable development, Environmental movements (Chipko and Bishnois etc.), Ecosystem, Structure, Function and types, Energy flow in the Ecosystem, Food chains, Food webs, Ecological Pyramids and Ecological Succession.	12	CO1
2	Natural Resources	Energy Resources: Renewable and non renewable energy sources, Soil erosion and desertification, Deforestation its causes and impacts, Impact of Modern Agriculture activities on Environment, Impact of Mining Activities on Environment, Water: Use and over exploitation of surface and ground water, Impacts of large Dams (Advantages and Disadvantages), Case studies.	12	CO2
3	Biodiversity and Conservation	Levels of biological diversity (Genetic, Species and Ecosystem diversity), Hot spots of biodiversity (Indian /Global), India as a Mega Diversity Nation, Endangered and endemic species of India, Threats to Biodiversity: Habitat Loss, Poaching of Wildlife, Man-Wildlife Conflicts, Conservation of Biodiversity: In-situ and Ex-situ conservation of biodiversity, Ecosystem and biodiversity services (Ecological, Consumptive, Productive, Social, Ethical, Aesthetic, National and Option values).	12	CO3
4	Environmental Pollution, Policies and Practices	Environmental pollution: types, causes, effects and controls, Solid waste management (urban and industrial waste), Ill effects of fireworks, Climate change, Ozone layer depletion, acid rain and impacts on human communities and Environment, Environmental Laws: Environment Protection Act, Air (Prevention & Control of pollution)Act, Water (Prevention & Control of pollution)Act, Wildlife protection Act, Forest conservation Act, International agreements: Montreal and Kyoto protocols and convention on Biological Diversity (CBD), Tribal rights, Human wildlife conflicts in Indian context	12	CO4
5	Human Population and the Environment	Human population growth: Impacts on environment, human health and welfare, Resettlement and rehabilitation of project affected persons, case studies, RR, EIA, Environmental ethics: Role of Indian and other religions and cultures in environmental conservation, Environmental communication and public awareness, case studies.	12	CO5

Reference Books:

- 1) Agarwal, K.C. 2001 Environmental; Biology, Nidi Pub. Ltd. Bikaner.
- 2) Bharucha Erach, The Biodiversity of India, Mapin Pub. Pvt. Ltd., Ahemdabad-380, India.
- 3) Brunner R.C. 1989. Hazardous waste incineration, Mc Graw Hill
- 4) Clark R.S. Marine Pollution, Clanderon Press Oxford (TB)

e-Learning Source:

- <https://byjus.com/biology/difference-between-environment-and-ecosystem>.
- <https://www.youtube.com/watch?v=dRP14TB8w7k>
- <https://www.youtube.com/watch?v=3fbEVytyJCK>

Course Articulation Matrix: (Mapping of COs with POs and PSOs)

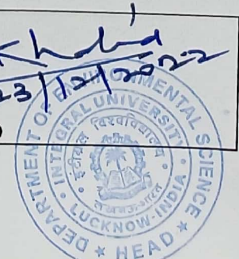
PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6
CO1	1	1	1	1	1	1	2	1	-	-	-	-	1	1	1	1	1	-
CO2	1	1	1	1	1	1	2	1	-	-	-	-	1	1	1	1	1	-
CO3	1	1	1	1	1	1	2	1	-	-	-	-	1	1	1	1	1	-
CO4	1	1	1	1	1	1	2	1	-	-	-	-	1	1	1	1	1	-
CO5	1	1	1	1	1	1	2	1	-	-	-	-	1	1	1	1	1	-

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

Subject Teacher : Dr. MOHD KASHIF KHAN *[Signature]*

Dr. Riyazuddeen Ichan *[Signature]*
Name & Sign of Program Coordinator

[Signature]
23/12/22
Sign & Seal of HoD





Integral University, Lucknow

Effective from Session: 2022-23							
Course Code	Z010101T	Title of the Course	Food, Nutrition, and Hygiene	L	T	P	C
Year	I st	Semester	I st	2	0	0	2
Pre-Requisite	Intermediate	Co-requisite	None				
Course Objectives	To learn the basic concept of food, nutrition, hygiene, and common diseases prevalent in society along with 1000 days nutrition concept						

Course Outcomes	
CO1	To learn the basic concept of the Food and Nutrition, and meal planning
CO2	To learn about macro and micronutrients and their RDA, sources, functions, deficiency, and excess.
CO3	To learn 1000 days Nutrition Concept and study the nutritive requirement during special conditions like pregnancy and lactation.
CO4	To study common health issues in the society and to learn the special requirement of food during common illness.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Concept of Food and Nutrition	(a) Definition of Food, Nutrients, Nutrition, Health, balanced Diet (b) Types of Nutrition- Optimum Nutrition, under Nutrition, Over Nutrition (c) Meal planning- Concept and factors affecting Meal Planning (d) Food groups and functions of food	8	CO1
2	Nutrients: Macro and Micro RDA, Sources, Functions, Deficiency and excess of	(a) Carbohydrate (b) Fats (c) Protein (d) Minerals Major: Calcium, Phosphorus, Sodium, Potassium Trace: Iron, Iodine, Fluorine, Zinc (e) Vitamins (Water soluble vitamins: Vitamin B, C), (Fat soluble vitamins: Vitamin A, D, E, K) (f) Water (g) Dietary Fiber	7	CO2
3	1000 days Nutrition	(a) Concept, Requirement, Factors affecting growth of child (b) Prenatal Nutrition (0 - 280 days): Additional Nutrients' Requirement and risk factors during pregnancy (c) Breast / Formula Feeding (Birth – 6 months of age) Complementary and Early Diet (6 months – 2 years of age)	8	CO3
4	Community Health Concept	(a) Causes of common diseases prevalent in the society and Nutrition requirement in the following: Diabetes Hypertension (High Blood Pressure) Obesity Constipation Diarrhea Typhoid (b) National and International Program and Policies for improving Dietary Nutrition (c) Immunity Boosting Food	7	CO4

Reference Books:

Singh, Anita, "Food and Nutrition", Star Publication, Agra, India, 2018.

Sheel Sharma, Nutrition and Diet Therapy, Peepee Publishers Delhi, 2014, First Edition.

1000Days-Nutrition_Brief_Brain-Think_Babies_FINAL.pdf

<https://pediatrics.aappublications.org/content/141/2/e20173716>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5750909/>

e-Learning Source:

<https://www.udemy.com/course/internationally-accredited-diploma-certificate-in-nutrition> Diploma in Human Nutrition-Revised Offered by Alison

Course Articulation Matrix: (Mapping of COs with POs and PSOs)										
PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	1	1	1	2	2	2	3	3	2	2
CO2	1	1	1	3	2	2	3	3	2	2
CO3	1	1	1	3	3	3	3	1	1	2
CO4	1	1	3	3	3	3	3	3	2	3

1-Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

<p><i>Dr. Vandana Mishra</i> <i>Vandana</i> Name & Sign of Program Coordinator</p>	<p><i>Zeba Anil</i> Sign & Seal of HoD</p>
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Integral University, Lucknow

Effective from Session: 2022-23							
Course Code	HUV101	Title of the Course	Psychology of Health and Wellbeing (Vocational)	L	T	P	C
Year	I	Semester	I	4	0	0	4
Pre-Requisite	10+12	Co-requisite					
Course Objectives	<ul style="list-style-type: none"> To develop the concept and definition of health, explain the perspectives of health and Knowledge about psychological health. Basic concept of structures and functions and process to describe the psychology of health - Illness, well-being of varied perspectives, and will be able to apply them in their own and in others' lives. Provide Insights to the learner a clear understanding of the concepts like health, illness, Physical and mental health. Structuring the goals to describe, explain, predict and change the behavior. 						

Course Outcomes

CO1	Basic Understanding, Perspective & dimensions of Physical and Mental Health, health, Concept & facets of Wellbeing and Relation between health and well-being.
CO2	Basic knowledge of structural and functional, Concept of holistic health, its principles and importance, Misconceptions about holistic health approach. Indian, Western & Eastern Perspective on Health.
CO3	Basic tools of Medical, Holistic, Biopsychosocial, Social model of Health and Illness. Enriching Wellbeing. Advantages and disadvantages of Biopsychosocial model, Biomedical model v/s Bio-Psychosocial model.
CO4	Enhancement of mental health and Identification of Physical and Mental Health Physical Illness Experiences, Illnesses Related to Food, Diet, Obesity. Problems Related to Sexual Health. Acute and Chronic Pain, Chronic Illnesses, Depression. Anxiety. Psychosomatic Illnesses, Substance Use

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction to Health and Wellbeing:	Concept and Definition of Health (Physical and Mental Health), dimensions of health, Historical Perspective of Mental Health, Cross-cultural Perspectives of Health, Concept of well-being, Various facets of well-being, Relation between health and well-being.	15	1
2	Cross-Cultural Perspectives On Health:	Concept of holistic health, its principles and importance, Misconceptions about holistic health, approach. , Western Perspective, Eastern Perspective on Health, Indian Perspective on Health	15	2
3	Models of Health and Illness:	Illness: Medical Model of Health and Illness. Holistic Model of Health, Biopsychosocial Model, Social Model of Health, Concept of Wellbeing. Advantages and disadvantages of Bio psychosocial model, Biomedical model v/s Bio-Psychosocial model.	15	3
4	Identification of Physical and Mental Health:	Physical Illness Experiences, Illnesses Related to Food, Diet, Obesity. Problems Related to Sexual Health. Acute and Chronic Pain, Chronic Illnesses, Depression. Anxiety. Psychosomatic Illnesses, Substance Use.	15	4

Reference Books:

- Brockovich, E. (1993). Health and illness-related cognitions among Brazilian students: a cross-cultural contribution (Doctoral dissertation, University of Southern California).
- Hahn, D. B., Payne, W. A., & Mauer, E. (1991). Focus on health. Mosby Year Book.
- Ojha, S., Srivastava, U.R., Joshi, S (2010). Health and Well-Being Emerging Trends: New Delhi, first edition: Global Vision publishing Co. Pvt. Ltd.
- Silva, P. (2005). An introduction to Buddhist psychology. Springer.
- Beauchamp, T., Childress J., (1979) Principles of Biomedical Ethics. New York, Oxford University Press
- Galotti, K.M. (2014). Cognitive Psychology: In and Out of the Laboratory (5th ed.). New Delhi: Sage.
- Suggestive digital platforms web links-<http://heecontent.upsdc.gov.in/Home.aspx> <http://www.apa.org>

e-Learning Source: Suggestive digital platforms web links- Egyankosh, NCERT

PO-PSO CO	PO1	PO2	PO3	PO4	PSO1	PSO2	PSO3	PSO4
CO1	2	3	3	2	3	2	2	1
CO2	3	2	2	3	2	3	2	3
CO3	3	2	2	2	2	3	2	2
CO4	2	2	3	2	3	2	3	3

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

<p>Dr. Vandana Mishra Vandana Name & Sign of Program Coordinator</p>	<p>Head Humanities & Social Science Integral University, Lucknow Sign & Seal of HoD</p>
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Integral University, Lucknow

Effective from Session: 2022-23							
Course Code	B150101T/BM186	Title of the Course	Fundamentals of Management	L	T	P	C
Year	First	Semester	First	3	1	0	4
Pre-Requisite	None	Co-requisite	None				
Course Objectives	The course objective is to make students undergo the effective use of principles of management and also learn the effective methods of management and its principles.						

Course Outcomes

CO1	To demonstrate management this combines the features of both science and art.
CO2	To enable the students to learn various function of management.
CO3	To explain the various this laid the foundation of management.
CO4	To examine the importance of the planning, Organizing & Control.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction of Management	Introduction and Nature of Management, Definition & Meaning, Management as an Art, Science and Profession, Distinction between Administration and Management, Importance & Functions of Management.	15	CO1
2	Evolution of Management	Evolution of Management- Thought, Pre-Scientific Management era, Scientific Management & Contribution of F. W. Taylor, Process Management & contribution of Henri Fayol, HR movement - Hawthorne experiments.	15	CO2
3	Planning and its feature	Nature & Definition of Planning, Importance and limitations Planning process, Types of Plans- on the basis of use, functions, time (meaning only), Meaning of Decision making, Steps in decision making.	15	CO3
4	Organizing and its effect	Meaning & Definition- Organizing - Nature, Purpose & Principles, Types of Organization (Formal & Informal), Types of Authority relationships- Line, Functional, Line & staff. Controlling: Concept, Types of Control, Methods: Pre-control: Concurrent Control: Post control	15	CO4

Reference Books:

- Koontz & Weirich Essential of Management, TMH, Mar22
- Griffin, Texas A & M University, Cengage Publication, Edition Mar2013.
- Chuck Williams, Butler University, Principle of Management, Cengage Publication Latest edition Jan 2013
- Ron willson, Texas A&M University, Cengage Publication, Edition Mar2015.
- Koontz & Weirich Essential of Management, TMH, Mar21

e-Learning Source:

- Principles of Management - I, IIT Kanpur ,Prof. Raghunandan Sengupta - NPTEL
- Management and Organization, Dr. N.Venkateshwarlu Indira Gandhi National Open University- SWAYAM
- Principles of Management, Prof. Susmita Mukhopadhyay, Prof. S. Srinivasan, IIT-Kharagpur via Swayam
- Principles of Management, Prof. Usha Lenka, IIT Roorkee via Swayam

Course Articulation Matrix: (Mapping of COs with POs and PSOs)

PO- PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4
	CO1	1	1	1	2	2	1	1	1	1	1
CO2	1	1	1	2	1	1	1	1	1	1	1
CO3	2	2	2	1	1	2	1	2	1	2	1
CO4	2	1	1	2	1	2	1	1	1	1	1

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

<p style="text-align: center;">Name & Sign of Program Coordinator</p> <p style="text-align: center;"><i>Dr. MOIZ AHMED</i></p>	<p>Sign & Seal of HoD</p>
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